

GOING TO BED AT AN APPROPRIATE TIME

Bedtime. It can almost seem like a punishment sometimes, because there are so many cool things to do and so many exciting things to be a part of. It can feel like bedtime is the total killjoy of your world at times.

But if you don't get enough sleep, boy, you can really pay for it the next day. Not only can it weaken your immune system, cause negative thoughts and anxiety, inability to concentrate, it can make you a bear to be around (and being a bear I will confess that I don't like that expression). It can simply make you sick and create long term sleep disorders.

For healthy living you should actually get more than nine hours of sleep every night. So if you want to know what time bedtime should be, decide what time you need to wake up, now subtract nine hours.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

For two weeks, practice these principles, and be a responsible Trekker.

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Some people simply have trouble getting to sleep. If you are one of those people, then here are a few tips I have found work for me:

1. No screens, TV, Computers, video games within two hours of bedtime. Instead create a wind down period. Try reading a book for pleasure.

2. Only use your bed for sleeping.

Not playing, hanging out, watching TV, doing homework, so your brain starts associating it with sleep.

3. Make sure you have a consistent bedtime, so your body gets used to it.

4. Resist the temptation to nap.

5. Limit your intake of sugars and chocolate, which contains caffeine.

6. Make sure you get exercise every day, but not close to bedtime.

7. Don't eat close to bedtime.

8. Clear your mind of everything that can keep your brain active. This should go a long way to getting the quality sleep you need.

